

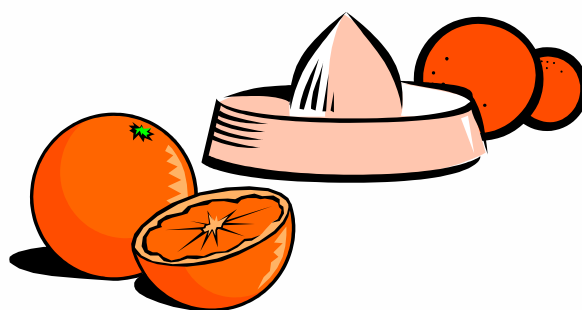


## Fruit of the Week: Orange

### Healthy Recipe Idea: Orange-Soy Vinaigrette

#### Ingredients:

1/2 cup orange juice  
1/2 cup pineapple juice  
1 Tbsp. minced fresh parsley  
2 Tbsp. fresh lime juice  
2 Tbsp. low-sodium soy sauce  
1 Tbsp. extra-virgin olive oil  
1 Tbsp. dark sesame oil  
2 tsp. sugar  
1 tsp. lemon pepper



**Directions:** Combine all ingredients in a jar. Cover tightly and shake vigorously. Serve as a dressing for a salad (this is great on spinach salad!) or as a dip for fresh vegetables such as carrots and celery.

#### How do I juice my citrus?

Set oranges, lemons, and out until it reaches room temperature. Roll against the counter with your palm (like when making clay worms). This helps release the juice. Slice in half crosswise. The stem is one end. You should see a sunburst pattern of lines from the center to the peel.

There are special tools that come to a point and have ridges made for juicing citrus fruit, they come either with a handle or attached to a strainer. Press the point against the middle of the fruit and twist until no more juice comes out.. If you don't have a special tool, you can just squeeze each half with your hands until no more juice comes out. You will get less juice this way, so you will need an extra orange or two. Strain the juice through a colander to remove the seeds and use.